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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

HOMEMAKERS' CHAT

Friday, July 15, 1938.

(FOR BROADCAST USE ONLY)

Subject: "NEWS ABOUT PEACHES". Information from the Bureau of Home Economics, U. S. Department of Agriculture.

--ooOoo--

Today I'm bringing you some of the latest news from the Department of Agriculture about peaches. And since my news is good--all about a big crop of early peaches I'm following it up with some tips for buying--and fixing the peaches to eat.

What I have to say today about this melt-in-your-mouth fruit I'm quoting from a recent release of the Bureau of Home Economics on peaches. When I read this peach story over I found so many interesting suggestions that I'm just passing parts of it on to you word-for-word. And here's what it has to say about the peach crop this year.

"Official opening of the peaches-and-cream season came earlier than usual this year--the very first week in May when the first carloads of peaches were shipped out of Georgia. But, as usual, peaches didn't appear frequently on most tables until a little later--when shipments began to move in volume.

"Headline peach news this year is the relatively large crop in the ten southern states and the lower prices that have prevailed since the first of the season. According to agricultural economists, the early crop this year, all told, will probably be considerably above average--over one-third larger than last year's light early crop.

"These southern states will be shipping the bulk of the nation's peaches throughout the month of July. Harvest of the crop in the other states will not get under way until the latter part of July. But crop estimators do not expect this late crop to be as heavy as that of last year."

So much for the peach news. Now I'll skip a paragraph or two and read you what this release has to say about <u>buying</u> peaches--<u>selecting</u> the best ones that are on the market. It says--

"Most shoppers instinctively select peaches that are firm of flesh--that are free from blemishes--and have a rosy blush. But it is well not to be too much impressed by the beguiling blush of the peach.

"More significant than this <u>blush</u> is the <u>color</u> underneath---the background color. This should be either whitish or yellowish. Peaches with a green "ground" color have been picked at too immature a stage. They won't ripen satisfactorily--and they'll probably be tough and rubbery, and lack flavor.

"Obviously peaches that are bruised--or decayed--or have large growth cracks will be wasteful--often more wasteful than they look on the surface.

Peaches that the worms have injured will have small punctures over the skin with a sort of a gum coming out from these punctures. And they'll be softer than other peaches in the same container--look as though they had ripened too soon.

"And, as in buying quantities of any fruit, it's a good idea to sample one or two first to see that they are suited to the purpose for which you are getting them. Ripe peaches should be used immediately or kept in the refrigerator. Slightly underripe peaches may be left out at room temperature to ripen."

And that seems to pretty well cover the important points of selecting peaches. Now just a word about their food value. According to nutritionists peaches are a good source of vitamin C, and are fair in both B and G. Peach varieties differ a lot in how much vitamin A they have. Many of the yellow-fleshed varieties are "excellent" in this vitamin.

And here are some suggestions for making use of the peaches after you've bought them. I'm quoting again from the peach story.

"Peaches cut in uniform crescent shapes are good in combination with other fresh fruits in fruit cups or salads. The pulp of fresh peaches gives a delightful flavor and texture to ice cream or mousse. And the golden color of peaches frozen in a custard foundation is as appetizing as its refreshing coolness.

"Among the many peach dishes, peach dishes, peach melba is a classic, a child's idea of a perfect party dessert--good to eat and pretty. To make it, put a dipperful of ice cream into the hollow of a peach half. Then pour raspberry sirup over this. Top it with nuts.

"Other possibilities for using fresh peaches are peach bavarian cream--peach pie--cobblers--shortcakes. And many cooks like to broil halves of peaches of the quite firm varieties--to serve with the meat course."

And now just a word about canning, and that brown discoloration that you may have seen in some home-canned peaches. The release says--

"The best way to can peaches at home is by the boiling-water bath--the same as other fruits. Experts do not recommend canning peaches in the oven. For it's in these oven-canned peaches that a brown discoloration is likely to develop.

"Large fruits, such as peaches, the oven may not heat through fast enough. Then enzymes in the peaches start a reaction which causes a brownish discoloration. This reaction is progressive, starts at the top of the container and may have worked its way throughout the whole jar by the time they are ready to be used. And the peaches not only turn brown but lose flavor as well."

That ends my final quotation from the recent peach news released by the Bureau of Home Economics, and it also ends my peach news for today.